

The Caregiver Newsletter

Winter 2020-2021

199 County Road DF – Juneau, Wisconsin



"A caregiver is a person who is doing something for someone else that contributes to their ability to remain living in the community."

Covid-19 is still the big news: Vaccines now available

GETTING THE MOST UP TO DATE INFORMATION:

Calling your local public health department is a great idea but remember that they are often very busy tracing Covid infections and letting people know if they have tested positive or been in contact with someone who tested positive. It is also the health department that is working to set up test sites. So if you are able to use the internet I recommend trying that to get the information you are looking for. A good source of information on Covid is the Center for Disease Control and Prevention (CDC) website which has answers to all kinds of question you may have, including:

WHO IS PAYING FOR THE COVID VACCINE?

IF I HAVE ALREADY HAD COVID AND RECOVERED DO I NEED TO GET THE VACCINE?

WHY IS A VACCINE NEEDED IF WE CAN DO OTHER THINGS LIKE SOCIAL DISTANCING AND WEARING A MASK TO PREVENT THE SPREAD?

DO I NEED TO WEAR A MASK AND AVOID CLOSE CONTACT WITH OTHERS AFTER I HAVE BEEN VACCINATED?

The website for the CDC question page is:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

For more local information you can go to:

<https://www.co.dodge.wi.gov/> and click on the red bar at the top

Watching out for depression

Right now, with the cold darkness of winter and the pandemic raging, depression symptoms are on the rise. Caregivers in particular need to be aware of the risk of depression. According to a survey by the Family Caregiver Alliance, caregivers experience depression at twice the rate of the general population. Anyone who has been experiencing five or more of the following symptoms for more than two weeks should contact their health care provider.

- Persistent sad, anxious, or "empty" mood
- Sleeping too much or too little
- Change in appetite resulting in weight gain or loss
- Loss of pleasure and interest in activities once enjoyed
- Irritability, restlessness
- Crying too often or too much
- Aches and pains that don't go away when treated
- Difficulty concentrating, remembering, or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless, or worthless
- Thoughts of death or suicide

If depression goes untreated it can lead to increased emotional and physical problems as well as affect your ability to care for your loved one.

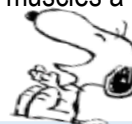
Please take care of yourselves.



THIS MONTH'S FAVORITE CAREGIVER TIP

♥ LAUGHTER IS THE BEST MEDICINE.

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, *even if it feels a little forced*. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughter at work.



Help for Caregivers is Available in Many Different Ways:

Just need to talk: Call Institute on Aging Friendship Line: 1-800-971-0016
AARP Friendly Voices Line: 1-888-281-0145

For all caregivers:

- * Phone in Caregiver Support Group: last Tuesday of every month - register by calling 715-861-6174
- * Virtual events open to anyone anywhere can be found at: wisconsincaregivers.org/virtual-events-for-caregivers
- * Caregiver Help Desk (7am-6pm CT): call 855-227-3640 to talk to a caregiving specialist
- * **Free telephone learning sessions:** (register ahead by calling 866-390-6491) different subjects each time. <http://caregiverteleconnection.org>
- * Visit **Caregiver Connection** on Facebook
- * Online help from **AARP**: <http://www.aarp.org/home-family/caregiving/>
- * Online videos from **Home Alone Alliance**: <https://www.aarp.org/ppi/initiatives/home-alone-alliance.html>
- * Online videos from Caregiver Action Network: <https://www.caregiveraction.org/resources/videos>

For those caring for someone with dementia:

- * 24 hour call in line - **Alzheimer's Association** (always answered by a person) 800-272-3900
- * Dodge County Dementia Care Specialist: 920-386-4308

For those caring for a veteran or veteran's spouse:

- * **Veterans Caregiver Support Line:** 855-260-3274

We have books, games, and other items to assist you to pass the time in a safe, happy way. Our Dementia Care Specialist and Caregiver Program Coordinator have ideas that can help.

Call the ADRC 920-386-3580



Coping mechanisms to relieve symptoms of depression

- Communicate your feelings with friends, family, a support group, or mental health professional.
- Set limits – don't try to do more than you can handle. Ask for help.
- Take care of your body – eat well, get enough sleep, and exercise regularly
- Learn ways to manage stress and relax. Schedule time each day to do something for yourself.
- Maintain a good sense of humor. Find humor in daily events.

Dodge County Caregiver Handbook

now available at the
ADRC

To get yours contact-free, call and we will mail it to you, or ask for it at your local library.

920-386-3580

